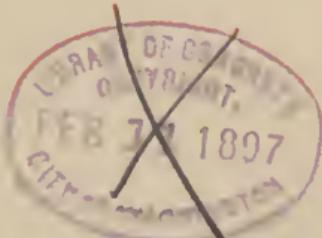




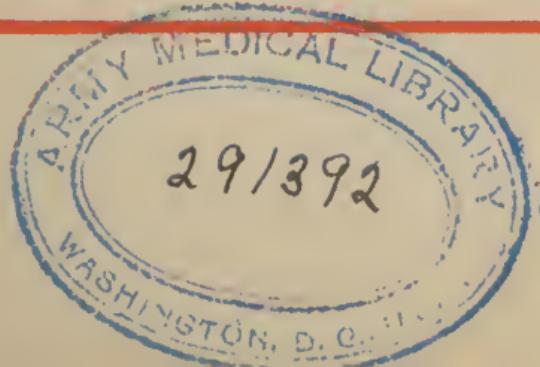
BEAUTY AND HYGIENE



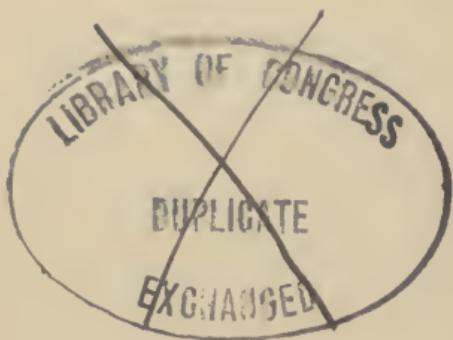
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P R E F A C E

THE rules and receipts for the cultivation and preservation of physical beauty in accordance with the laws of hygiene given in the present volume embody the results of the experience of generations of beautiful women, supplemented, when necessary, by those of the latest scientific research on the subject. For valuable aid in this last particular, acknowledgment is due to the important works on Cosmetics of M. Debay.

With regard to the receipts given, it is to be said that while most of them are simple enough in their composition to be prepared at home, some few will require for their proper compounding the skill of a pharmacist; and of one or two the ingredients are to be found only at a first-class pharmacy.

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BEAUTY AND HYGIENE

I

THE WOMEN OF SPAIN

THE beauty of the women of Spain, of every class, is so remarkable as to arouse in the mind of the visitor to that land of romance, mingled with the admiration which it awakens, a feeling of curiosity as to the causes, original and actual, of a physical characteristic which from its prevalence may be regarded as national. In the series of articles which is to follow will be embodied the results of a personal investigation by the writer into these causes, made under exceptionally favorable circumstances.

And at the outset it may be mentioned that the beauty of the Spanish women is not the transitory bloom which it is sometimes thought to be, differing in this from the more fragile beauty of the Spanish-American women, which is too often as fleeting as it is fair. Many of the Spanish women retain their personal charms to an advanced age—changed in character, it is true, nobility of outline and dignity or sweetness of expression replacing the evanescent roundness and grace of youth. And so there are many women who have long left youth behind them who show scarcely a perceptible diminution of their youthful charms. Not long ago I was present at a social reunion in celebration of the twentieth anniversary of the marriage of a Spanish official of high standing in this city, and among all the women there—and many of them were beautiful—none was fairer than the hostess herself, a daughter of Spain, whose bridal festival the occasion might have seemed had it not been

for the presence beside her of two manly sons.

Nor is it altogether just to say that the beauty even of the Spanish-American woman is invariably fleeting. I must bear my testimony to the contrary. I have in mind now a Spanish-American lady, the mother of a beautiful woman well known in the highest American and European circles, who has marriageable granddaughters, and who retains more than the traces of her once remarkable beauty. And this lady is by no means a solitary exception among her countrywomen.

That the beauty of the women of Spain is in a great degree a racial characteristic there is no doubt; but this is because the purity of the type has been there preserved, and the type itself ennobled, while elsewhere it has degenerated. The Gothic and Moorish races attained their finest development in Spain, just as the Gothic and Moorish civilizations attained in Spain their greatest

splendor. And the Roman type lost something of its hardness and severity under the balmy influences of an Andalusian sky. Unquestionably, too, the chivalric spirit everywhere cultivated in mediæval Spain, among Moors and Christians alike, contributed greatly to ennable the original types of the different races occupying the country. Who can doubt that the countenance took a nobler cast when the mind was habitually occupied with lofty thoughts, when loyalty and religious faith and a spirit of heroic self-sacrifice were the animating principles of existence? The proud poise of the head, the clear lustre of the eye, the freedom and grace of movement of the limbs, were the natural result of the independent and sincere life of the times. And when the favor of beauty was the best reward of valor, it was as much the duty of a woman to be beautiful as it was of a man to be brave. Thus the desire to be beautiful had its source not in vanity, but in a high sense of

duty, and the cultivation of beauty became a cult. As a consequence, the arts employed then, as now, to preserve and perfect it were natural, simple, and hygienic, as will be seen in the following papers.

II

THE COMPLEXION

A CLEAR and brilliant complexion is not to be obtained without persistent and continuous effort; but such effort, if well directed, will be amply repaid by the results obtained. The face, to begin with, must be kept scrupulously clean, and everything that may clog the pores, whether the insensible perspiration of the skin itself, or dust, or other foreign matter, must be carefully removed, not only night and morning, but also whenever, from any accidental cause, it may become necessary. A fine linen cloth should be used for this purpose, and friction, as a general rule, avoided. If, however, the skin is rough or scaly, it will be necessary occasionally to rub the face gently with a piece

of soft flannel, applying cold-cream afterwards. This operation is best performed at night.

The face should be washed, winter and summer, in water from which the chill has been taken off, and dried carefully—by pressing gently on it, not by rubbing—with a fine linen towel. This latter point is one on which Spanish women bestow a great deal of care, using towels only of the finest texture, which are generally also elaborately embroidered and fringed. A little cold-cream should at night be applied with the finger and allowed to remain until morning, when it is to be gently removed with a fine cloth before washing the face. A few drops of perfumed alcohol, in the proportion of five drops of alcohol to half a tumbler of water, should be added to the water used to wash the face after the cold-cream has been removed.

The face should not be exposed to the external air immediately after washing it.

A little cold-cream spread over it before going out will keep the skin soft and prevent it from tanning or chapping. On returning to the house the cold-cream should be wiped off with a fine cloth. A white gauze veil will serve still further to preserve the skin from the injurious effects of the sun or wind.

All sudden transitions from heat to cold or from cold to heat are detrimental. The heat of the fire, the direct rays of the sun, excessive cold and wind, are all injurious to the complexion, and, as far as possible, should be avoided. On leaving the theatre or the ballroom, or any hot room, the face should be protected from the air for a few minutes; and speaking should also be avoided, if a clear voice is to be preserved. Violent or depressing emotions—anger, grief, fear, envy, hatred, and jealousy—are all injurious to the complexion, and should not be indulged in. Touching the face with the fingers is a habit which may lead to most injurious conse-

quences to the complexion, and should be avoided.

Powders containing bismuth or lead are extremely injurious, not only to the skin, but to the health, and should never be used. For any temporary redness or irritation of the skin the best remedy is a cooling drink —lemonade, cream-of-tartar water, or, if necessary, some laxative medicine. This treatment should be combined with a frequent use of the tepid bath.

To remove tan or sunburn, a mask spread with a paste composed of equal parts of linseed meal and rye flour is very efficacious. The mask should be worn for fourteen consecutive hours.

The following is an excellent receipt for cold-cream :

Spermaceti	500	grammes.
Pure wax.....	100	"
Oil of sweet almonds.....	500	"
Rose-water	50	"

Crush the spermaceti and the wax, and

put them, together with the other ingredients, in a vessel set in another vessel containing hot water, and stir gently until the wax and the spermaceti are melted. Then pour the mixture into a marble mortar and allow it to cool. When quite cold stir the mass very gently with the pestle, beginning at the surface and gradually working to the bottom. This will require some little time.

When the ingredients are thoroughly incorporated add six drops of essence of roses, and beat and stir the mass again until it is perfectly white.

This preparation softens and refreshes the skin, and is a sovereign remedy for every kind of cutaneous irritation.

Another cold-cream may be made as follows:

Spermaceti.....	16	grammes.
White wax.....	8	"
Oil of sweet almonds.....	80	"
Cocoa butter.....	16	"

Melt the ingredients in a bain-marie and

pour the mixture into a marble mortar. When quite cold work it with the pestle until it is perfectly smooth; then add five grammes of violet powder, work the mass thoroughly a second time, and perfume with ambergris.

The following preparation will be found excellent for the complexion :

Sweet almonds.....	32	grammes.
Bitter almonds	10	"
Rose-water	180	"
Make the emulsion, and add		
Benzoate of soda.....	1	gramme.

The following is another receipt of great efficacy in obliterating wrinkles, and also the traces of small-pox :

Alcohol	12	grammes.
Tincture of benzoin	2	"
Liquid storax.....	2	"
Balsam of Judea	5	drops.

Add four or five drops of the mixture to half a glass of water, and use this at night as a lotion, letting it dry on the face. In

the morning wash the face in water from which the chill has been taken off.

For coarse complexions a very effectual remedy is a cotton mask saturated with distilled water and worn at night. To refine a coarse, stippled skin, six or seven weeks' treatment will be necessary, but the result will be ample compensation for the trouble taken.

An excellent paste for refining the complexion is composed of three ounces of ground barley, one ounce of honey, and the white of an egg. This is to be spread at night on the cheeks, nose, and forehead, and washed off in the morning with tepid water.

For a blotched skin a wash composed of one ounce of glycerine, half an ounce of rosemary-water, and twenty drops of carbolic acid will be found very effectual.

A harmless powder for the face may be made as follows:

Take any desired quantity of Venice talc, and put it, with double its weight of distilled

vinegar, in a glass vessel. Let the mixture stand for a fortnight, stirring it occasionally. At the end of this time filter the mixture; wash the powder with distilled water, and filter again until all taste of the vinegar has disappeared. Then mix the powder with a little water and fifteen grammes of spermaceti; put the paste in jars, and let it dry in a place where it will be free from dust.

Before using, rub a little cold-cream on the face, wiping it off almost entirely. This preparation is not affected by perspiration.

A famous paste for the complexion is made by this receipt:

Fresh rye flour.....	150	grammes.
Powdered marsh-mallows.....	75	"
Powdered violets.....	75	"
Powdered dextrine.....	15	"

Mix these ingredients well together; make into a paste with a little warm water, and spread over the face so as to form a mask. At the end of five or six hours wash off with

warm water, and finish by washing the face in cool water to which a few drops of some aromatic tincture have been added. This whitens the skin remarkably, and imparts to it a velvety softness.

In addition to the employment of these external means, there are others which it will also be necessary to employ in order to obtain a clear and brilliant complexion. The general rules of health must be observed. Heavy and indigestible articles of food are to be avoided. Fruit should be eaten abundantly. Salads of cresses, horseradish, and peppergrass for the lymphatic, and of lettuce for the nervous, should, while in season, form a part of at least one meal every day. Daily exercise in the open air should be made a matter of conscience, and sound sleep, generally its result, should be assiduously wooed and tenderly cherished. Tranquillity of spirit should be cultivated; and if, in addition to all this, the mind be habitually occupied with elevating thoughts, to

the exclusion of the petty, the ignoble, and the sordid, not only will a lustre more beautiful than any merely external brilliancy illumine the face, but this brilliancy will follow.

III

CONCERNING THE MOUTH

To possess a mouth shaped like Cupid's bow, with lips like dewy rose leaves, that disclose teeth that rival Orient pearls in whiteness and in lustre, is the happy fortune of few women; but to have a mouth that shall approximate in some degree, if it does not fully reach the standard of beauty, with lips of rose-leaf freshness and color, if not fineness, and teeth that shall at least have the beauty of perfect purity, is, in all but those unfortunate exceptional cases which are said to prove the rule, in the power of every woman.

The mouth, let us say, is crooked. This defect can be easily remedied by adopting the habit of holding it in such a position as

that the lip which is depressed shall be on a level with the more prominent lip. Or it may be that the lips are too thick and too prominent for beauty — then the mouth should be contracted as much as possible, in addition to which the lips are to be frequently moistened with an astringent lotion, or they may be anointed every night with a pomade made as follows:

Melt 30 grammes of cold-cream in a water bath; add 1 gramme of pulverized tannin, and color the mixture with 1 gramme of alkanet chips, tied in a piece of coarse muslin, infused until the desired color is obtained.

The cold-cream to be used in this pomade is made as follows:

Oil of sweet almonds.....	150	grammes.
Spermaceti.....	35	"
Virgin wax	15	"
Rose-water.....	30	"
Cologne water.....	8	"
Balsam of Mecca	1	gramme.

Melt the oil, the wax, and the spermaceti

together in a water bath; turn the mixture into a marble mortar, and when it has hardened work it thoroughly with the pestle, gradually adding the rose-water and the balsam of Mecca. This cold-cream may also be used with excellent results for the face.

Exceedingly thin lips, on the other hand, may be made fuller by frequent suction, by pulling them outward, by bathing them occasionally with a stimulating lotion, and by anointing them at night with a pomade composed as follows:

Red pepper	1 grammie.
Simple cerate.....	4 grammes.
Essence of cinnamon.....	6 drops.

In this case the mouth should not be kept habitually closed, but, on the contrary, partly open, in order that the lips may have free room for development.

With some persons the lips have a tendency to chap easily and to become dry and discolored. The best means of remedying this tendency is to anoint them every night

on going to bed with a simple cold-cream. The habit of biting the lips, and especially of biting off detached portions of the skin, should be carefully avoided. It is ruinous to their beauty, both of color and of texture, and may even cause troublesome and sometimes incurable eruptions. It is injurious in a lesser degree to moisten the lips frequently with the saliva, or to pass the tongue over them to make them red or fresh-looking. This habit also tends to discolor and dry them and to make them chap.

A good cream for freshening and reddening the lips is made as follows:

White wax	15 grammes.
Olive oil.....	15 "
Alkanet chips	2 "

Melt the wax in the olive oil in a water bath; infuse the alkanet chips, tied in a piece of coarse muslin, in the mixture for an hour; then strain, and add to it when cold three drops of essence of roses.

Almost as essential to the beauty of the

mouth as fresh and rosy lips are red and healthy-looking gums and sound, or at least well-preserved and white, teeth. To keep both in good condition scrupulous care will generally suffice. The following wash will be found excellent for strengthening and hardening weak gums, or those that have a tendency to bleed :

Woundwort water.....	125 grammes.
Compound spirits of horseradish	15 "
Essential oil of cloves.....	2 drops.

Mix all together, and use the elixir diluted with water to the required strength.

This wash has also the property of strengthening the nerves of the teeth and promoting the growth of the gums when worn away from the roots of the teeth, thus tending to preserve the latter and to keep them from falling out. It may be used daily by those who have spongy or pale gums. For others its use two or three times a week will suffice to keep the gums in a healthy condition.

For the health of the gums it is important

that the rules of hygiene should be observed in eating, as indigestion is a fruitful source of disease both of the gums and the teeth. Very hot and very cold, as well as acid, drinks should be avoided, and the mouth should always be washed after meals. The excessive use of the toothpick or the tooth-brush is, however, injurious, and should be avoided. A very hard tooth-brush should never be used, as it irritates the gums and finally wears them, causing the teeth to drop out. Tartar should never be allowed to collect at the roots of the teeth, this giving rise to an inflamed condition of the gums, which in turn reacts upon the teeth, causing them to decay and sometimes to fall out.

The care of the teeth and the means of keeping the breath sweet are subjects of great importance, and must be reserved for another paper.

IV

CONCERNING THE TEETH

SOME one has said that if the beautiful Helen had chanced to lose one of her front teeth before Paris became the guest of Menelaus, the Trojan war would not have taken place, and the *Iliad* would never have been written. Whatever amount of hypothetical truth this assertion may be thought to contain, it is very soberly true that upon the careful preservation of the teeth depend, in a great measure, not only the comfort and the health of the individual, setting aside altogether the question of beauty, but something of his power to contribute, negatively at least, to the comfort and well-being of those around him. Let any one who may feel inclined to regard either of these state-

ments as unwarranted by the facts suffer for ten minutes from a jumping toothache, or sit for the same length of time in the close proximity of a person whose breath is foul from tartar-incrusted and decaying teeth, and he will probably, long before the expiration of that period, have seen reason to alter his opinion.

The causes which tend to induce decay in the teeth are various—some of them avoidable, others unavoidable. Even in these latter cases, however, art can do much to supply natural deficiencies and remedy natural defects.

Chief among the avoidable causes are :

A diet which is lacking in the elements necessary to the nutrition of the teeth. Whole wheat, oatmeal, and other grains rich in bone-making elements should always form a part of the breakfast, especially of children.

The use of tooth-powders containing substances which act injuriously upon the enam-

el of the teeth or upon the gums. Among the former are acids, which give a temporary whiteness and brilliancy to the teeth, but at the cost of their integrity, the acid acting upon the enamel precisely as a drop of nitric acid acts upon marble, destroying the part with which it comes in contact. Tooth-powders composed of hard, gritty substances, such as oyster-shells, are also injurious, wearing away the enamel by friction, as are also powders containing strongly styptic substances, which tend to dry the gums.

Want of due attention to the cleanliness of the teeth. The teeth and mouth should be washed every morning on rising, after every meal, and before going to bed at night. Generally pure water, which should be tepid in winter, will suffice for this purpose; but when the gums are soft or pale, or when the breath is foul, a few drops of some aromatic tincture should be added to the water. In brushing the teeth in the morning a little pure Castile soap may be

used occasionally, and every third day a powder free from injurious substances. The brush should be soft, and should be kept scrupulously clean. Children should be early accustomed to bestow this care upon their teeth.

The habit of picking the teeth with a pin or other sharp instrument. The pin, besides the mechanical injury which it may cause the teeth and gums, may also introduce into them the principle of decay in the verdigris with which it may be crusted. The best toothpicks are made of quills, and should be used whenever it may be necessary to remove particles of food from the teeth, which, if allowed to remain, soon decay, and generate an acid which is destructive alike to the soundness of the teeth and the purity of the breath.

The use of very hot or very cold drinks or food, especially if the one be immediately followed by the other, and the excessive use of acid drinks or acid fruits, especially if the

mouth be not washed immediately after their use.

The habit of biting the thread in sewing, of breaking nuts or other hard substances with the teeth, or of loosening knots with the teeth.

The use of certain drugs, certain maladies and conditions of the body, and insufficient exercise—which is as essential to the health of the teeth as to that of the other organs of the body—through an undue use of foods that require no mastication. In the last case it is evident that the remedy is the judicious use of such articles of food as will require mastication, taking care to chew with both sides of the mouth. The glands will be stimulated by the exercise, the gums will be strengthened, and the teeth will recover their brilliancy.

The injury in the first case is lessened, and sometimes prevented, by washing the mouth thoroughly after taking the medicine. In illness it is especially necessary that the

mouth be kept scrupulously clean, suitable antiseptic or aromatic washes being frequently used.

Toothache is often caused, even where no decay of the tooth exists, by exposure to the cold or to a draught, by sitting on the damp grass or on a stone seat, by remaining out among the trees or in the neighborhood of standing water lightly clad or with the head uncovered after nightfall, and other imprudences of a similar kind. These are cases in which an ounce of prevention is undeniably better than a pound of cure. A cure, however, may be effected, in many cases, by the use of the celebrated Dr. Boerhaave's tooth-ache drops, made after this receipt:

Alcohol of 33 per cent.....	$\frac{1}{2}$ ounce.
Camphor.....	2 grains.
Oil of cloves.....	40 drops.

When a tooth has begun to decay it should be filled without loss of time, as not only does the decay spread quickly in the affected tooth, but it also soon extends to

the next. An aromatic elixir for the mouth and teeth is the following:

Cloves.....	150	grammes.
Cinnamon.....	90	"
Aniseseed	150	"
Guaiacum wood.....	100	"
Peruvian bark.....	90	"
Catechu.....	100	"
Pellitory of Spain.....	100	"

Crush the substances, and macerate for twelve days in three litres of alcohol. Then strain, and add,

Essence of peppermint.....	10	grammes.
" cinnamon.....	2	"

Mix thoroughly, and add,

Alcoholate of horseradish.....	300	grammes.
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The daily use of a few drops of this elixir, diluted in a glass of water, as a mouth-wash, will contribute greatly to preserve the teeth and keep the mouth generally in a healthy condition. The following receipt unites all the conditions of a hygienic tooth-powder:

Vegetable charcoal, pulverized ...	30 grammes.
Red cinchona bark, pulverized...	30 "
Carbonate of magnesia.....	10 "

Reduce all to an impalpable powder, and perfume with a few drops of essence of mint. Precipitated chalk also makes a safe tooth-powder.

To keep the breath sweet, the mouth and teeth must be kept scrupulously clean; but the breath may be vitiated by some internal disorder, and a remedy for this evil will be found in the following receipt:

Vegetable charcoal, pulverized.....	1 part.
White sugar.....	1 "
Pure chocolate (unsweetened).....	3 parts.

Mix these ingredients with gum-arabic mucilage to form a paste, and divide into tablets of eighteen grains each. One of the tablets is to be taken occasionally and allowed to dissolve in the mouth.

V

CONCERNING EXCESSIVE THINNESS

EXCESSIVE thinness, while not necessarily incompatible with health, is a greater foe to beauty than even excessive corpulence. The outlines of the face and of the figure, in this condition of the body, lose their roundness; the eyes become sunken; the cheeks fall in; the lips are drawn; the nose becomes sharp; the skin acquires the hue and the hardness of parchment in some cases, and in others becomes soft and flabby, while at the same time lines and wrinkles multiply; the neck shows all its veins and sinews; the chest becomes hollow and the waist angular.

But while this physical condition may exist without of necessity indicating the pres-

ence of actual disease, it is nevertheless advisable, in the interests of health no less than of beauty, to lose no time in ascertaining as far as possible the cause or causes upon which it depends, and adopting such a regimen as may successfully combat them.

Malnutrition, whether resulting from insufficient nourishment, from the habitual use of food which cannot be readily assimilated or which is lacking in the elements of nutrition, from an excessive use of highly spiced, acid, or very salt articles of diet, or of irritating beverages; a too rapid digestion, or debility of the digestive organs; excessive labor, either mental or physical; prolonged watching; undue indulgence in the emotions, violent or depressing; a feverishly active habit of body—are all causes of thinness.

When excessive thinness proceeds from malnutrition the diet should be carefully regulated and all articles excluded from it which are found to be difficult of digestion.

Sometimes the addition of a little fresh, sweet butter or pure olive oil will make easy of digestion articles of food otherwise indigestible. Bread-and-butter, the bread thinly sliced and buttered thickly, will in many cases be found an excellent flesh-maker. Rice, potatoes, carrots, parsnips, artichokes, well-prepared cereals, fresh eggs, cream and milk, game, veal which is not too young, beef, lamb, and mutton, are all suitable articles of diet for the thin. Acid fruits should be avoided. Preserved figs will generally be found to agree with the most delicate stomach, and are excellent for making flesh. Tea, coffee, and spirituous liquors should be used sparingly, if at all. Claret, liberally diluted with water, is a wholesome and tonic beverage. Sweet wine, cider, beer, porter, and some of the various preparations of malt are generally useful adjuncts to a flesh-making diet. Meats should be broiled or roasted, rather than fried, boiled, or stewed; although there is a certain *pot-au-feu* for

which a celebrated French physician gives the receipt, and which he declares to be sufficient in itself to cure the most obstinate case of gastritis. The receipt for this *pot-au-feu* is as follows: Take one and one-half pounds each of the best quality of beef and mutton; put this in a stewpan with double its quantity in volume of water; add salt to the taste; cover the pan closely and set it on a slow fire. When the water comes to the boil skim it carefully; then add a white onion in which three or four cloves have been stuck; the size of a pin's head of nutmeg; a bunch of leeks, celery, and chervil; three cloves of garlic; a pinch of pepper; a bay-leaf; a roasted onion, and a very small quantity of carrots and parsnips. Then leave all to simmer for four or five hours.

Thorough ventilation of the living and sleeping rooms is an indispensable part of the flesh-forming treatment, as pure, rich blood can never be made, with any system of diet, while breathing vitiated air. But

ventilation alone, no matter how thorough, will not suffice to keep the air of the bedroom pure so long as foul vapors are allowed to enter it freely from the uncovered pipes of wash-basin or bath-tub. This, however, may be prevented by a very simple means. The opening over the waste-pipe may be kept perfectly air-tight when the basin is not in use by closing it with a tightly fitting rubber stopper, a little clean water being allowed to stand in the basin for greater security; and the opening of the safety waste-pipe may be effectually closed by covering the strainer over it with a piece of wet paper.

Exercise should be taken in moderation, but when the weather is fine enough to sit out-of-doors, as many hours as possible should be spent in the open air every day. The drowsiness which is thus induced is one of the best remedies for the nervous irritability from which so many thin people suffer. Rest in a recumbent position should be

frequently indulged in during the day, and sleep should be prolonged to the extreme limit. All tasks that fatigue the mind or the body to excess should, as far as possible, be avoided. Cheerfulness should be cultivated, and gloomy apprehensions and brooding over past misfortunes should be shunned like evil thoughts. The homely counsel "Laugh and grow fat" should be made a living letter of the law, for physical as well as for moral reasons. Laughter shakes the sides, the diaphragm, and the stomach, and is thus a most efficient promoter of the digestion, as well as a sharpener of the appetite, and it is very susceptible of cultivation.

Massage and the tepid bath should be used frequently and systematically. In extreme cases the tepid bath may be extended to twenty minutes or half an hour, and used daily, and followed by friction with flannel. This gives tone to the skin, and promotes a healthy circulation of the fluids of the body. A light breakfast may be taken in the bath,

the patient remaining in the water a quarter of an hour longer, and then returning to bed for another hour or two. This method of treatment, if scrupulously followed, will, except where organic disease exists, before very long change completely the habit of the body, and should show decidedly beneficial results in three or four months.

VI

CONCERNING CORPULENCE

OF all ills that flesh is heir to, one of the most afflicting, if not one of the gravest, is excessive corpulence. A comfortable accumulation of adipose tissue is generally regarded as one of the unerring signs of a good temper and an amiable disposition ; but when this accumulation passes beyond a certain limit, when *embonpoint* becomes obesity, and a good temper and amiability degenerate into sluggishness and apathy, it becomes important to take measures to alter a condition whose continuance may involve the loss of health, as it will certainly involve the loss of beauty.

Many systems for the reduction of superfluous flesh have at different times been

employed with more or less success, the best known of these being perhaps the Banting system. As a general guide, rather than an inflexible rule—for its adoption as such would in many cases not only be injudicious but impracticable—the plan of diet followed by Mr. Banting, under the advice of Mr. William Harvey, Surgeon of the Royal Dispensary for Diseases of the Ear, may be given here. “For breakfast,” he says, “I take four or five ounces of beef, mutton kidneys, broiled fish, bacon, or cold meat of any kind except pork; a large cup of tea (without milk or sugar), a little biscuit or one ounce of dry toast. For dinner, five or six ounces of fish; any vegetables except potatoes, beets, parsnips, carrots, or turnips—green vegetables being especially good; an ounce of dry toast; the fruit out of a pudding, any kind of poultry or game, and two or three glasses of good claret, sherry, or Madeira; champagne, port, and beer forbidden. For tea, two or three ounces of fruit, a rusk

or two, and a cup of tea without milk or sugar. For supper, three or four ounces of meat or fish, similar to dinner, with a glass or two of claret. I breakfast between eight and nine o'clock; dine between one and two; take my slight tea meal between five and six; and sup at nine."

During the first month of this regimen Mr. Banting took every morning a volatile alkali draught, the only medicine taken by him during the whole course of treatment.

One of the dangers to be guarded against in following this, or indeed any other, treatment for reducing the flesh is that of changing the manner of life too suddenly. Such changes, whether in diet or in the matter of exercise, must be made gradually, or permanent evil, following apparent benefit, may result. The use of fat in some form, as in that of butter or oil, should not be altogether abandoned, as a little of it is indispensable to the complete digestion of nitrogenous food. Salads, with a very little oil,

will be found extremely useful. Asparagus, artichokes, spinach, and string-beans are among the vegetables indicated. Condiments may be used abundantly in the preparation of meat dishes. Dried fruits, acidulated drinks, such as lemonade and orangeade, seltzer-water, white wine, and tea and coffee sweetened to the taste but without milk, may be used freely.

A bonbon prepared according to the following receipt is used with an implicit belief in its virtues as a fat-reducer in some parts of Spain :

Take a quantity of the kernels of the black cherry ; coat each one separately with a mixture of white of egg beaten to a froth and pulverized sugar, of the consistence of icing for cake, and dry them in the sun. Three or four of these bonbons are to be eaten every day.

Malt liquors and starchy substances, especially fine white bread and potatoes, are to be eschewed. The use of vinegar in excess

sive quantities for the purpose of preventing the accumulation of fat is a pernicious practice, the consequences of which are sometimes very serious. The use of the mineral acids is still more injurious.

A light saline purgative, taken weekly for a month or six weeks, is an important part of treatment for obesity.

Gymnastic exercises, dancing, walking, swimming, rowing, bicycling, are all useful as a means of getting rid of superfluous flesh. Exercise taken in the open air, and attended with some pleasurable excitement, is especially useful, as it sends the blood through every fibre of the body, and stimulates the mental faculties, which it is peculiarly desirable, in this condition, to maintain in a state of healthful activity. The exercise taken, of whatever kind it be, should be moderate at first, and be gradually increased. In exercises of a fatiguing nature a quarter of an hour is enough to begin with.

Friction with salt water over the chest and

abdomen twice a day, continued for half an hour, will prove a useful adjunct to the treatment indicated. In addition to this a linen girdle filled with salt, which should be perfectly dry, may be worn with advantage at night.

Where there is a tendency to corpulence, over-indulgence in sleep is especially hurtful. In this case, late to bed and early to rise should be the rule.

If the treatment here indicated be systematically and persistently followed for six weeks or two months, the results will amply repay the privations endured and the sacrifices made.

VII

CONCERNING THE HAIR

FROM the times of St. Paul down to our own, the hair has been considered the crowning glory of woman; and it is a crown which, it may be truly said, however niggardly nature may have originally been in bestowing it, no woman need despair, with persistent and conscientious effort, of wearing.

The beauty and the luxuriance of the hair of the Spanish women are proverbial; and in this regard the women of Spanish America are no less favored by nature, as they are no less assiduous in cultivating and preserving nature's gift.

In the case of the hair, as in the case of the complexion, the first rule to be observed is absolute cleanliness. The head should be

washed thoroughly at least once a month, and this when bathing. Washing the head without taking a general bath is apt, by disturbing the circulation, to cause headache and to blotch the complexion. The soap used should be perfectly pure. With the exception of home-made soaps, the best soap to use for the toilet is pure Castile soap, which is made with olive oil. A thick lather of the soap should be made, using warm water, and the scalp and the hair thoroughly washed with a sponge wet with the lather, the hair being frequently parted to facilitate the operation. A little hot water should be added to the lather from time to time as it cools.

When the hair is thoroughly washed, the head should be well dried with a towel, which in winter should be warm. When perfectly dry it should be combed, and then well brushed with a soft brush. It is important that the operation of drying the hair should be quickly performed, and this is best done

in the sun in summer and before the fire in winter.

In combing the hair in the morning, great care should be taken not to pull or twist it. A preparation called, in Spain, Portugal extract, used daily, makes the hair fine and lustrous, keeps it in a state of moisture which is favorable to its growth, and neutralizes the disagreeable odor of the perspiration. A few drops of the Portugal extract are to be added to a little water, in which the comb is to be moistened from time to time when combing the hair. When the hair is combed it should be brushed for a few minutes with a brush moistened with the pure extract.

The Portugal extract is made by adding essential oil of oranges, in any proportion desired, to alcohol of thirty-six per cent., keeping the mixture covered closely, in a warm place, for a few weeks.

At night the hair should be taken down and shaken, and then combed, brushed, and

braided. A net may be worn if desired, but a nightcap is injurious to the hair.

To keep the hair from becoming thin and splitting at the ends, which interferes with its growth, it should be clipped every fortnight. If this operation has been neglected for some time, and the hair has become uneven in length, it will be necessary to cut off enough to make it all of equal length. Cutting the ends of the hair regularly, in this way, will tend greatly to beautify and strengthen it.

It is to be borne in mind that excessive cold and excessive heat—and especially the heat of the fire—are no less injurious to the hair than to the complexion; consequently the head should never be exposed, unprotected by a covering, to the cold in winter, and during the hot months it should be washed with sufficient frequency to keep the scalp free from accumulated perspiration.

Hair which is fine or dry should be washed with less frequency than hair which is coarse

or oily. Alcoholic and acid washes should be used sparingly on such hair, as they tend to dry it still further, splitting it, turning it gray early, and making it fall out.

When the hair is naturally dry it should be oiled occasionally, only the purest oil or pomade being used. Delicate perfumes only, such as rose, violet, or heliotrope, should be used, the stronger perfumes not only taking away from the freshness of the complexion, but also often producing serious nervous disturbance.

Twisting the hair tightly in doing it up injures it greatly, preventing the free circulation of the air through it, and thus interfering with the growth of the new hair as well as weakening the roots of the old.

The hair should be protected from the dust no less carefully than the complexion.

The growth of the eyebrows is stimulated by trimming carefully, once a month, the ends of the hair with a fine scissors, and applying ice to the brows for about ten min-

utes, night and morning, for a week. When the ice is removed the blood flows to the surface, thus increasing the vitality of the parts.

A little of the following mixture, which is also excellent for promoting the growth of the hair, should occasionally be rubbed on the eyebrows:

Oil of sweet almonds.....	30 grammes.
Essence of rosemary.....	30 "
Oil of mace.....	1 grammme.

Mix the ingredients together in a water bath. Anoint the scalp every night with a small quantity of this pomade, washing the head weekly while using it.

An excellent receipt for preventing the hair from turning gray is the following:

Genuine claret.....	60 grammes.
Sulphate of iron.....	1 grammme.

Boil together for one minute, and when cold bottle the mixture and cork tightly. Wash the hair twice a week with this lotion, allowing it to dry on.

A harmless dye for dark hair is made as follows:

Wash well and then peel half a dozen potatoes; put the parings in an iron pot, cover them with cold water, and let them boil until soft. Then strain the water, let it cool, and apply with a fine comb to the hair until it is thoroughly wet. Drying the hair in the sun sets the color. The operation must be repeated several times. Care must be taken not to allow the potato-water to touch the hands or face, as it discolors the skin. This wash will not make the hair black, but it will darken its color considerably.

VIII

SOMETHING MORE ABOUT THE COMPLEXION

A POWERFUL auxiliary to the bath in maintaining the skin in a healthy condition, and obtaining and preserving a fresh and brilliant complexion, is the daily practice of kneading and rubbing the muscles of the face—a practice which may with profit both to health and beauty extend to the muscles of the throat, chest, and arms, and indeed to all the muscles of the body. To the general use of the bath and to the practice of massage among the Oriental peoples is undoubtedly to be attributed, in great part, their notable immunity from cutaneous and nervous affections arising from defective circulation and imperfect purification of the blood. The operation of kneading and rub-

bing the face, however, must be performed with great care. Only the hand should be used, and it should be made scrupulously clean—as the face should be also—before using it. From five to ten minutes' rubbing, night and morning, will be sufficient to vitalize the skin thoroughly and to maintain it in a healthy condition. Massage is also one of the best means of warding off wrinkles, and of effacing them when they are present. To obliterate deeply marked wrinkles, friction with some aromatic lotion may alternate with simple friction.

Many young persons, from a habit of contracting the brows, soon acquire a strongly marked wrinkle in the forehead. To efface this the forehead should be bound at night with a compress of new linen soaked in a mixture of equal parts of alcohol and white of egg, continuing the treatment until the wrinkle has disappeared.

Wrinkles may sometimes be effaced by the following treatment, if persistently con-

tinued: Cut some narrow strips of court-plaster; then, with the thumb and forefinger of one hand, stretch the skin furrowed by the wrinkle until it is perfectly smooth, and with the other hand apply over the wrinkle a strip of the court-plaster. This application is of course best made at night.

The following mixture, used as a lotion, is of great efficacy in removing wrinkles, but it is a little difficult to prepare, and requires, in addition, to be distilled:

In 350 grammes of alcohol dissolve,

Pulverized gum benzoin.....	2	grammes.
Frankincense	2	"
Gum-arabic.....	2	"

When dissolved add,

Pine-nut kernels, pulverized.....	3	grammes.
Sweet almonds, "	3	"
Cloves, "	1	gramme.
Nutmeg, "	1	"

Let the mixture stand for two days, stirring it twice daily. Then add,

Rose-water..... 45 grammes.

Distil to half the quantity.

If a still is not at hand, a substitute may be made by fastening to the spout of the kettle an India-rubber tube, which, passing through a vessel of cold water, will conduct the steam, condensed in its passage through the water, into a receiving-vessel.

IX

CONCERNING BATHING

THE allegory which makes Venus, the Goddess of Beauty, rise from the waters is one which should be constantly borne in mind by every woman who wishes to become beautiful or to retain to an advanced age the beauty which she possesses. The frequent use of the bath is an indispensable condition of the freshness, the smoothness, and the transparency of complexion which can make even the plainest features attractive, and which bestow on beautiful features their crowning charm. Modern science has made clear to every comprehension the law underlying a practice which prevailed among the Eastern nations as a religious rite, and which, as a luxury, was carried to an almost

injurious excess by the Romans. The skin, which is the grand emunctory of the body—that is to say, the organ which eliminates from the system, by means of perspiration and other excretions, the morbific, acrid, and irritating principles that would become prejudicial to health if allowed to remain—requires constant cleansing to maintain it in a state of healthful activity. Not only is cleanliness next to godliness, holiness, wholeness, moral integrity ; it is also the first condition of all lasting beauty, and, as some moralists believe, even of moral integrity itself.

When it is considered that the skin, in the same way in which it relieves the internal organs of deleterious matter through one system of vessels, conveys to the blood through another system of vessels the deleterious matter with which it may be brought in contact, the danger will be understood of using cosmetics which may contain arsenic or lead, or some other poisonous substance,

that not only leaves the skin, after a temporary improvement, in a worse condition than before, but may even produce a serious derangement of the health, if not some incurable malady.

As an instance of the danger attending the contact with the skin of poisonous substances, it is related that a woman who had taken a bath in a vessel in which her husband, a naturalist, had carelessly left some arsenical paste, was shortly afterwards seized with a violent colic, and died in great agony a few days later.

The virtues of the bath as a remedial agent are well known, and need not be alluded to; its virtues as a cosmetic are not less efficacious; but to obtain the best results, in the latter no less than in the former case, the bath should be taken with certain precautions, and in accordance with certain rules. Before entering a bath of any kind the hands should first be wet, then the forehead, then the rest of the face and the chest; otherwise

the blood may rush to the head, causing redness and unsightly blotches on the face.

When a warm or tepid bath is taken, the towels used should also be warm.

Persons of a robust constitution may take warm or cold baths indifferently, and prolong them at pleasure ; but delicate persons should take the tepid bath only, the duration of which should never exceed a quarter of an hour. Many persons find a bath of even this duration exhausting, and in some cases it will be prudent to abstain altogether from an entire bath, washing and immediately drying the body in parts.

Sea-bathing, while beneficial to persons of sanguine temperament and those inclined to stoutness, is in general injurious to persons of slender build and delicate constitution, especially if injudiciously prolonged. Sea-bathing is prejudicial to the beauty of the skin, which it hardens and roughens if long continued.

The beneficial effects of the tepid bath are

increased by the use of the flesh-brush, the hair of which should be fine and soft. The brush should be slightly moistened with tincture of benzoin. This is prepared by mixing one part of pulverized benzoin with four parts of alcohol of 86 degrees, allowing the mixture to stand a fortnight, stirring it occasionally, and filtering before bottling it for use.

The soap used for the bath should be moistened frequently, while using, in water mixed with tincture of benzoin in the proportion of a small teaspoonful of tincture of benzoin to a full tumbler of water.

The benzoin-water should not be used in washing the face. The following will be found an excellent receipt for toilet soap:

White Castile soap.....	500	grammes.
Spermaeeti.....	62	"
Ox-gall.....	30	"
Honey	62	"
Essence of rosemary.....	30	"
Oil of lemons	62	"
Essential oil of oranges.....	45	"
Aleohol with five drops of attar of roses added.....	45	".

Melt the soap and the spermaceti in a bain-marie, mix them thoroughly with the other ingredients, and pour the mixture into moulds.

X

CONCERNING THE NOSE

As the nose is the most prominent feature of the face, so it is the one which in the largest measure determines its prevailing expression. The straight nose of the Greeks conveys inevitably to the mind an impression of the serene majesty of a Minerva, a Juno, or an Apollo, just as the aquiline nose of the Romans gives an impression of force of character, firmness, courage, ambition, perseverance, power of will. But besides these two distinct types there are innumerable others, each of which has its own characteristic expression. Yet, as the character of the individual may in childhood be, to a certain extent, moulded and corrected of inherited defects, so may the shape of the nose be

then moulded, beautiful lines be developed, and defective ones effaced. Even the adult nose is susceptible, in a degree, of modification. The small nose may be increased in size by gentle and often-repeated friction with the aromatic tincture recommended in a previous article for the development of excessively thin lips, care being taken to suspend the friction for a time if any inflammatory symptoms should appear. It may be lengthened by frequent pulling. The disproportionately large nose, which in childhood can be restrained in its growth by means of a little instrument shaped like a pince-nez, that, compressing the nasal artery, diminishes the flow of blood to the organ, and thereby restrains its development, may, in the adult, by the same means be prevented, if nothing more, from attaining larger proportions.

The flat nose may be moulded by judicious pinching and pulling, where nutrition is defective, to more beautiful lines. The nos-

trils, if too narrow, may be widened by inserting in them small pieces of the fine sponge used in surgical operations, which, swelling with the moisture, will insensibly dilate the cavities. As the nostrils become larger the size of the pieces of sponge is to be increased, until the desired degree of dilatation is reached.

Sometimes the nose inclines noticeably to one side or the other. This defect is easily remedied by pushing it perseveringly in the opposite direction ; it will sometimes be necessary to continue this treatment for eight or ten months to produce the desired result.

But whatever the shape of the nose, it is indispensable to the perfect performance of its functions that the mucous membrane which lines the nasal cavities be maintained in a healthy condition. Not only is the sense of smell impaired by a morbid condition of this membrane, but the voice, and the respiration of the apparatus of which the nose is a part, are injuriously affected by it;

the vibrant quality of the voice is lost, and colds are also easily induced.

To keep the mucous membrane in a healthy condition, the first requisite is perfect cleanliness. It should be made no less a matter of daily habit to wash the nasal cavities than to wash the face. A little salt should be added to the water used, which should be cool. The water should be snuffed up the nostrils, so that every part of them may be reached by it.

The handkerchief should always be of linen; silk or cotton handkerchiefs are apt to produce irritation of the skin, and make the nose red. A red nose is often the accompaniment of cold feet. Sometimes it is the sign of a bad circulation or of impure blood. For both conditions regular exercise in the open air and attention to diet will prove extremely beneficial, and will often suffice to correct them. Redness of the nose arising from an inflamed condition of the organ may be sometimes removed by spreading on

it at night refined chalk made into a paste with one part of glycerine and two of water. An excellent lotion for an inflamed condition of the skin is made of rose-water mixed with two per cent. of its bulk of carbolic acid.

For the disagreeable soreness of the nose resulting from a cold in the head the best remedy is a simple cold-cream. A cold in the head may be relieved by anointing the whole of the nose at night with cold-cream.

The nostrils are sometimes disfigured by an excessive growth within them of the stiff hairs with which nature has furnished them to arrest the passage of dust, insects, or other substances that might otherwise be drawn with the air into the lungs. These hairs should never be pulled out violently or removed by depilatories; serious consequences, such as ulcerations and even gangrene, sometimes following their removal by either method. If the blood is in a perfectly pure condition, one or two hairs may be pulled out occasionally, but it is better in most

cases merely to trim them with a pair of scissors.

To strengthen the sense of smell in old persons, or when it has become impaired from some reason, a lotion of tepid water to which a few drops of essence of peppermint have been added will be found very useful. The water should be snuffed up the nose several times during the day.

A simple remedy for excessive bleeding at the nose may be mentioned here, which has been employed extensively and always with success. Place the patient in an upright position, and cause him to raise his arms suddenly upwards. The explanation is that the pressure upon the vessels of the head is diminished by reason of the greater force required to send the blood through the arteries of the arms when raised.

XI

CONCERNING THE EYES

WITH the color of the eyes, as Nature has made them, we cannot hope ever to be able to interfere. Blue, black, green, gray, or yellow, as they happen to be when the dye with which Nature has colored them is once set, they must forever remain. But in almost every other respect the natural defects of the eye may be corrected, its beauties heightened, and lacking beauties added to it. If it protrude too much or be unduly sunken, from an excess or a deficiency of adipose matter, a diet rich in the fat-making elements in the one case, and one from which they are absent in the other, will often remedy to a great extent both conditions. If it be dull, a hygienic regimen will give it lus-

tre. Its shape and apparent size may even be altered: round eyes may be made almond-shaped by persistently drawing outward the exterior corners of the eyelids, and small eyes be made to appear larger by darkening the edges of the eyelids with sulphuret of antimony, extending the line slightly at the exterior corner of the eye.

The eyebrows and the eyelashes, also, may be so improved by art as to disguise in a measure, if not to conceal altogether, the defects of the eye itself. If the eyebrows are too thick, or are badly shaped, they can be thinned and trained to the line of beauty by the use of the tweezers or of a depilatory, and patient manipulation. If they are thin, there are various methods of stimulating their growth, one of which is to apply to them every night until the desired result is obtained a lotion made of five grains of sulphate of quinine dissolved in one ounce of alcohol. If they are too light, they may be darkened by a decoction of walnut juice.

This is made by boiling the bark gently in water for an hour—the proportions are an ounce of the bark to a pint of water—and adding a piece of alum as large as a hazelnut to fix the dye. The lotion should be applied carefully with a sable brush. Another preparation of the walnut bark is made by steeping it for a week in cologne water.

The Moorish women darken their eyebrows and eyelashes with a dye made as follows:

Gall-nuts.....	25	grammes.
Sulphate of iron.....	5	"
Water.....	150	"

Boil the gall-nuts in the water for half an hour; strain through fine muslin, and add to the strained water the five grains of sulphate of iron. Boil again until the liquor is reduced to two-thirds. Apply with a sable pencil to the eyebrows and to the edge of the eyelids at the roots of the lashes. The operation is to be repeated three times. The bottle containing the dye should be tightly

corked. Another preparation used by Moorish women for the same purpose is the black of frankincense and mastic mixed with almond oil.

The eyelashes may be made silky and their length increased by carefully trimming the ends every month—it is a popular belief that the best time for this operation is when the moon is new—and bathing them afterwards with corn-flower water. To make this, steep 65 grammes of the corn-flowers, bruised in a mortar, in a quart of water for twenty-four hours; then strain and distil the water over a moderate fire. This preparation is also excellent for strengthening and disinflaming the eyes.

It is to be observed that in treating the eyelashes the greatest care must be used, owing to their proximity to the eye, which is an exceedingly delicate organ, any injury to which might be attended with disastrous results.

To preserve the sight unimpaired, as well

as the beauty of the eyes, the rules of hygiene should be strictly observed. Too strong a light and profound and long-continued darkness both predispose the eye to various maladies, some of them very serious. Especially are sudden transitions from darkness to light, and the reverse, injurious to the eyes. The pupil of the eye expands in the darkness, and if it be suddenly exposed to a bright light, contraction not taking place readily, paralysis of the retina, with consequent blindness, may ensue. The sudden transition from light to darkness is attended with less serious but no less certainly injurious consequences. The reflection of the light on the snow or the sand or any brilliant surface, a predominance of glaring or of dark colors in the rooms where much of the time is spent, looking long at rapidly moving objects, are all injurious to the sight. Soft tones are both most pleasing and most beneficial to the eye. Green is the color most favorable to the eye, as it exercises

the muscles moderately without fatiguing them, while black or very dark colors maintain them in a state of inactivity. The prolonged use of the eyes, and especially in an artificial light, is very hurtful to them, and the few minutes' rest which it is necessary to give them occasionally to avoid over-fatigue is a trifling loss of time compared with the time gained during which they will remain serviceable.

On awakening in the morning the eyes should not be exposed suddenly to a bright light. A few moments should be allowed to elapse to accustom them to the half-light of the bedroom before drawing up the blinds and admitting the full light of day. The habit of rubbing the eyes in the morning, or at any other time, is attended with obviously bad consequences unnecessary to specify.

Too much sleep and too little sleep are both alike injurious to the eyes, the former debilitating them through the prolonged in-

action in which it keeps them, the latter from fatigue.

The eyes should always be washed before going to bed to remove the dust which may have gathered on the lids during the day, and also on rising in the morning, to remove the humors that may have gathered during the night. Ordinarily pure cold water is the best for this purpose, warm water tending to redden the eyes and make them watery.

When the eyes have become irritated through excessive use, a compress of fine linen wet with very cold water applied to them and changed as often as it becomes warm will generally relieve them. If the irritation continue, the following lotion will probably prove efficacious:

Distilled water.....	1 kilogramme.
Rosemary flowers.....	30 grammes.

Steep the rosemary flowers in the water for a week, then strain, and to the strained water add the following:

Rose-water.....	30	grammes.
Brandy.....	30	"

Another lotion for relieving irritation of the eyes is prepared as follows:

Sulphate of zinc.....	$\frac{1}{2}$	gramme.
Sulphate of copper.....	$\frac{1}{2}$	"
Alum.....	1	"
Camphor.....	5	decigrammes.
Distilled water	250	grammes.

Mix the ingredients together and filter the mixture through a filtering-paper. The lotion is to be used cold.

When the inflammation extends to the membrane of the eye in the form known as conjunctivitis, a light diet, cooling and slightly laxative drinks, emollient lotions, and complete rest of the eye, followed after a few days by astringent lotions, will generally suffice to effect a cure.

A pinch of borax dissolved in a little water makes an excellent eye-wash.

In reading or sewing, if possible, the light should fall over the left shoulder.

XII

CONCERNING THE FEET

Ex pede Herculem: From the feet we judge of the woman. A well-shod, well-poised foot, whether it be large or small, gives us, unconsciously to ourselves, the impression of poise in the character and orderliness in the habits of its owner. The classic contours, which are an hereditary possession in certain races and families, it may not perhaps be possible to acquire in full perfection by any system of treatment, but, except in very rare cases, the feet may undoubtedly be educated to comparative beauty and refinement, and may be made, above all, to fulfil efficiently the purpose for which they are designed—that of supporting with grace and ease the weight of the body, in motion

and in rest. Even a superficial examination of the structure of the foot will show clearly the evil results of some of our customs with regard to it: the custom, for instance, of cramping the feet in shoes made not to preserve, but to distort, their natural shape—a distortion which, carried to its last extremity by the Chinese, no doubt underlies, as has been suggested by a recent writer on that people, much of their backwardness as a nation. The beautiful arch of the instep, the long anterior bones sloping gradually to the ground, the heel bone descending to it almost vertically from the ankle, and covered where they articulate with one another with a thick layer of highly elastic cartilage—this beautiful arch, the key-stone of which transmits the weight of the body which it supports in just proportion to each of its extremities supported by the ground, is at the same time compressed and distorted by the narrow sole, and thrown out of balance, and with it the body, by the high heel, which

also tends, to use the words of a distinguished physiologist, "to make the step less steady and secure, to shorten it, and to impair the action of the muscles of the calf." The ankle is thus strained and becomes enlarged, and, the equilibrium of the body being lost, uprightness and grace of carriage are necessarily lost also. Other evil consequences of a badly made shoe are corns, bunions, and ingrowing nails. The position of the great toe especially is quite altered from the normal one, the other toes are pressed together, and the suppleness of the foot and the free and individual action of the toes are destroyed, with the result that fatigue and pain follow any unusual, or sometimes even usual, exertion.

The first condition, then, to the possession of a beautiful and useful foot is a rationally made shoe, which need, however, be neither clumsy nor unduly large. With the square toe it is quite possible to compromise, but the heel should be always broad, flat, and

low, the sole wide enough for the foot to rest comfortably upon, and the upper capacious enough to allow for freedom of motion of the toes.

An important condition to beauty of the foot is absolute cleanliness. The feet should be washed every morning, winter and summer, with tepid water and soap, after which they may be sponged with water perfumed with a few drops of benzoin. As a hygienic measure, as well as in order to keep the feet free from all disagreeable odor, it is advisable to change the shoes after a walk. A very slight degree of dampness in the sole, attracted to the foot by its own heat, is often sufficient to check perspiration and induce a cold. A lining of flannel, instead of the ordinary kid lining of the sole, will tend greatly to prevent colds by keeping the feet dry and warm; thick soles will conduce to the same end.

Slippers without heels should not be worn habitually, as their prolonged use

tends to make the heel disproportionately thick.

Perfect circulation is essential to the beauty of the foot, as it is to the beauty of the other members, for, to maintain the suppleness and elasticity on which grace so largely depends, every muscle must be thoroughly vitalized. Especially at night should the feet be kept warm, as sleeping with cold feet is no less injurious to health than to beauty. Among the minor ills which it may produce may be mentioned a red nose and a mottled complexion.

Friction with hot flannel at night is useful in correcting a tendency to cold feet. If this does not suffice, a bottle or an India-rubber bag filled with hot water may be used in addition; but neither should be allowed to come into direct contact with the feet, and its use should not be prolonged unnecessarily. On rising in the morning care should be taken not to set the feet naked on the floor.

Among the innumerable remedies for corns which are in use, the following is recommended as being simple and efficacious :

Bathe the feet, before going to bed, in tepid water to soften the corn; then carefully remove as much of it as possible, and bind over it a clove of garlic previously bruised and macerated in vinegar. This treatment is to be pursued for a week, at the end of which time the corn will almost certainly have disappeared.

XIII

CONCERNING THE HANDS

“It is so distinguished, so aristocratic,” exclaims the hero of a modern novel, speaking of his mistress’s hands—“It is so distinguished, so aristocratic, to possess a beautiful hand. I even think at times that there is something symbolic in it. Those hands, with their tapering fingers and unrivalled purity of outline, seem the symbol of the magic power, the mysterious dominion, that the human spirit holds and exercises, without the intervention of material force, over all those visible things that are the creation of God by a direct act of His will, and which man, as the instrument of God, improves and completes.”

And not only has the hand this symbolic

meaning in its relation to the universe, but it is, so to say, the sign-manual of the individual set to the declaration of his character which is written in the lines of his countenance, in the expression of his features, in his gestures, his carriage, his walk. It is the epitomized expression of his personality. "The hand," says Lavater, "whether in motion or repose, has an expression of its own that is not to be mistaken. When in perfect rest it shows what are our traits of character; its flexions betray what are our actions and our passions. In all its movements the hand follows the impulse which is given to it by the rest of the body."

The beauty of the hand, then, may be considered as twofold—physical and moral, the latter, to the eye learned in reading the signs of character traced upon it, far outshining the former. But the two kinds of beauty are not incompatible; they, indeed, complete each other. The hand whose physical condition is neglected can never be the

perfect interpreter of a beautiful character ; and the hand that is slow to help others, the hand that is closed to others, the hand that works evil to others, let it be as white and as transparent as alabaster, let it be veined with azure and its fingers tipped with the roseate hues of dawn, shall it seem to us beautiful ?

Pure thoughts, then, lofty aspirations, noble desires, are no less essential to the beauty of the hand than to that of the face ; and, like the face, the hand will readily respond to elevating influences and relax the tension of its muscles when the soul expands with generous heat, and assume curves and lines of grace when its repose is rest from the performance of good works.

To make the hand the worthy instrument of beautiful acts, a little time, then, need not be grudged, even by the busiest woman. The soft, moist (not damp) skin that makes the touch of a woman's hand so soothing to the fevered brow, so eloquent of sympathy, and therefore so inspiriting, to the tired, nerveless

hand which it clasps with helpful affection, cannot be obtained or preserved without due observance of hygienic laws and due devotion to the "cosmetic powers."

Excessive heat and excessive cold are not only as destructive to the beauty of the hands as to the beauty of the face, but if long continued they may so affect the network of the nerves as to impair or destroy delicacy of touch. Keeping the hands long in hot water or in very cold water is therefore obviously prejudicial to their beauty and their sensibility. Even in washing the hands the temperature of the water should be made a matter of care, and tepid water only should be used. Care should also be taken to dry the hands thoroughly before exposing them to the air.

The wind and the sun roughen and dis-color the hands, and gloves should always be worn, no less for the sake of the hands themselves than for fashion's sake. The best gloves are made of dog-skin, which has the

property of softening the skin and keeping it in good condition.

For washing the hands the best soap, in the absence of a good home-made soap, is pure Castile. The hands should be thoroughly washed with the soap and tepid water, rinsed, and then soaped again and rubbed until the soap on them forms a lather, after which they are to be dried without again rinsing them. They should then be lightly wiped with a towel moistened with some aromatic toilet water. This treatment will keep the skin fine and white.

The yolk of a fresh egg, almond and chestnut meal, oatmeal and bran, are all useful for whitening and refining the skin of the hands.

A more elaborate receipt for the same purpose is the following:

Sweet-almond oil	60 grammes.
Virgin wax.....	12 "
Spermaceti.....	12 "

Heat these substances in a water bath, in

three different vessels. When hot pour all into a cold vessel, and beat them together until they are perfectly incorporated. Then put the mixture into a bowl containing cold water and continue beating it, changing the water from time to time, until it is perfectly white.

The hands and arms are to be rubbed with this preparation every night on going to bed, or gloves spread with it may be worn at night.

This pomade is to be kept in rose-water, which should be changed every day.

Another preparation for cosmetic gloves is made as follows :

Yolks of fresh eggs.....	2
Oil of sweet almonds.....	2 table-spoonfuls.
Rose-water.....	30 grammes.
Tincture of benzoin.....	8 "

Beat the yolks with the oil ; then add the rose-water, and lastly the tincture of benzoin.

A simple means of keeping the hands soft

and white is to rub them at night with sweet-almond oil, wearing loose-fitting gloves to protect the bedlinen.

Excessive perspiration of the hands may be disguised—to stop it would be injurious to the health—by rubbing them, after they have been well washed and dried, with powdered orris root. The powder, without interfering with the natural course of the perspiration, absorbs it and keeps the skin dry, disguising at the same time the disagreeable odor of the perspiration.

Undue redness of the hands often comes from sluggish circulation, and may then be generally remedied by regular and sufficient exercise in the open air.

A paste made of powdered chalk and sweet-almond oil, spread thickly on the hands at night for two or three nights, will improve their appearance greatly.

XIV

CONCERNING THE VOICE

SHAKESPEARE has said that a low, soft voice is an excellent thing in woman; and the woman whom he has especially endowed with these qualities of voice, the gentle Cordelia, was remarkable no less for her gentleness than for her strong and self-contained nature. The quiet reserve of a strong character expresses itself naturally in the calm, even tones of the voice, as a nervous and excitable nature expresses itself in shrill and high-pitched tones. The voice, more faithfully than expression, more faithfully than gesture, expresses the character, and for its successful cultivation demands imperatively the simultaneous cultivation of the moral nature.

The human voice, which is the most delicate of all instruments, cannot be brought to its highest perfection without persistent effort and much self-denial. Especially is this the case with regard to the singing voice, which will require, in addition to personal effort, the aid of an experienced master for its proper cultivation; but even then the speaking voice will require much training and careful observation of certain hygienic rules.

Breathing should always be carried on through the nostrils, care being taken to keep the mouth closed on leaving a hot or crowded room, particularly at night, or in cold weather, the sudden contact of cold or damp air with the delicate organs of the throat, relaxed by a heated atmosphere, sometimes resulting in incurable hoarseness. The chest and throat should at such times also, even in warm weather, be well protected from the outer air. These precautions must not be carried to an extreme,

however, as this would develop an over-sensitive condition of the organs, and would be attended by even worse results than the opposite extreme of negligence.

A sweet, clear voice can never proceed from a mouth in which the teeth are decayed or crusted with tartar, which latter, if allowed to accumulate, may, by pushing back the gum, so alter the form of the cavity of the mouth as seriously to affect the tone of the voice. The state of the mouth affects the stomach, which in its turn reacts upon the teeth, until at last not only the voice, but the health itself, is affected. Hence the necessity of careful attention to the teeth, which should be brushed after meals, as well as night and morning, to keep them in a state of perfect health. A moderately soft brush should be used, and in winter water from which the chill has been removed. Great care should be exercised in regard to the powder used, the best and simplest tooth-powder being a preparation

of chalk and orris root, for which the formula has already been given in these articles.

Singers should be especially careful in regard to their diet, many articles of food otherwise wholesome affecting injuriously the quality of the voice. Acids and astringents should be used in great moderation. Effervescing liquors, such as champagne, bottled porter, beer, and ale—unless on draught—are injurious to the voice. Port and sherry should be avoided. Brandy heats the blood and inflames the throat, and should be used strictly as a medicine. Where a stimulant is ordered, gin or whiskey is the least objectionable. Claret and the light Italian, French, or German wines may be drunk with advantage in moderation. Almonds and raisins and nuts of every kind should be avoided as articles of diet. Condiments should be used sparingly. Cheese should be eaten only in great moderation; pastry not at all. Chocolate and coffee are better beverages for the singer than tea, which is

too astringent. Fresh bread, pork, veal, and other generally indigestible articles of food should be scrupulously avoided. Fruit, when ripe and of good quality, is wholesome eaten in moderation.

Singing, prolonged speaking, or reading aloud, immediately after a hearty meal, or when the stomach is empty, is injurious both to the voice and to the health. After a full meal the vital energy is required for the process of digestion; and when the stomach is empty the vital powers are depressed, and the vocal and digestive organs are unable to support without injury the strain thus put upon them.

Daily exercise in the open air is essential, but should never be carried so far as to induce exhaustion, or even excessive fatigue.

The daily bath should not be neglected. When the health is sufficiently vigorous to admit of it, the sponge bath, cold in summer and with the chill taken off in winter, will have an excellent effect in maintaining the

tone and vigor of the system. The bath should be taken, however, immediately on getting up in the morning, while the skin is still moist from the warmth of the bed. If time be given for the perspiration to dry before taking the bath, a dangerous chill may result. The body should be dried quickly and thoroughly with a rough towel, and the process of dressing should be got through with quickly. In addition to this, a tepid bath should be taken weekly.

Everything that will injure the general health — breathing vitiated air, sitting or standing in draughts, keeping late hours, and excesses of every kind—will injure the quality of the voice.

A raw egg taken every morning fasting will prove very efficacious in strengthening and clearing the voice. Lemon juice is sometimes beneficial taken at this time.

The following receipt will be found excellent by singers and speakers for clearing the voice:

Scales of sea-onion, or squills ..	30 grammes.
Strong wine vinegar	300 "
Alcohol.....	15 "

Steep the squills for eight days in the vinegar and alcohol mixed together; then strain and bottle for use.

To a glass of tepid water add four or five drops of this vinegar, and use as a gargle night and morning.

As the sea-onion has poisonous properties, this vinegar should be kept out of the reach of children, and the dose indicated should not be exceeded.

In addition to the gargle, a table-spoonful of lemon juice mixed with the same quantity of glycerine may be taken with great advantage to the voice half an hour before speaking or singing.

While observing all these rules and precautions, the qualities of the mind and heart must be sedulously cultivated if the very highest capabilities of the voice would be developed. Uprightness and sincerity of

character, clear thinking, and right feeling, or their opposites, reveal themselves as certainly in the sound of the voice as the sterling metal and the base reveal themselves in the ring of the genuine coin and the counterfeit.

XV

CONCERNING THE NAILS

AT the present day, when the care of the nails has become a cult, the Horatian expression *ad unguem*, to indicate the nicest finish, may be used with especial appropriateness. Beautiful nails are the finishing perfection of the beautiful woman, as of the beautiful statue, wanting which both the one and the other are incomplete.

To keep the nails at all times perfectly clean is so indispensable a requirement of social propriety that it is unnecessary to insist upon it; but this is, indeed, only the first step in the care of the nails, whose form, color, and texture are all susceptible of wonderful improvement, if their cultivation be undertaken and persevered in with a deter-

mined will. The roughest and dullest-hued nail may be rendered smooth, rosy, and transparent, the squarest and broadest may be narrowed and lengthened to a delicate oval, if only the necessary care be bestowed upon it.

The first step in the cultivation of the nails is to soak them for five minutes in a lather of Castile soap and tepid water, after which they should be dried thoroughly. The cuticle at the root of the nail should then be pushed gently down with the towel, moistening it with water from time to time to facilitate the operation. The nails should next be trimmed round with a fine scissors, the edges being afterwards filed smooth. They should not be cut too close, nor, on the other hand, should they be left too long. In the one case they are apt to separate from the flesh, leaving unprotected the tips of the fingers ; in the other they are apt to split and break. The proper length is just level with the tips of the fingers. The next process is polishing the nails. For this pur-

pose powdered emery colored with vermillion is used, or finely powdered oxide of tin, colored with carmine and perfumed with attar of lavender. This may be rubbed on with a fine sponge, or with an implement which is made for the purpose. A manicure set containing everything necessary for the care of the nails may be bought at a trifling cost; or, if preferred, the articles may be had separately. The operation of trimming and polishing the nails should be performed once a week. In general only the file should be used in trimming them. Every morning, after the hands are washed, the tips of the fingers should be dipped in tepid water mixed with a little rose-water, and rubbed, after they are dried, with a fine sponge or with the polisher, but without using powder. They should be occasionally moistened with oil of bitter-almonds, to prevent them from becoming brittle.

When the nails break with facility, the following pomade, applied at night, will

be found effectual in correcting this tendency :

Oil of mastic.....	15	grammes.
Common salt.....	2	"
Powdered colophony.....	2.60	"
Powdered alum.....	2.60	"
White wax.....	5	"

A little linseed oil applied at night is useful in correcting extreme dryness of the nails.

Sometimes white specks will appear on the nails. These are caused by an interception under the nails of the particles of juice which nourish them. These will sometimes disappear with the growth of the nail ; but if this does not occur, they may be removed by applying over the nail a compress wetted with spirits of wine and camphor, to be left on until the spots disappear. As this may not occur for several days, it will be necessary to wet the compress from time to time, removing it occasionally to ascertain if the spots have disappeared.

A simpler remedy is a mixture of pitch and myrrh, in equal parts, melted, and applied to the nail at night.

When a nail falls, through disease or because of some accident, its regrowth will be hastened and the finger will be protected against injury meanwhile by dipping the injured part several times into melted wax while still warm.

Biting the nails, which is one of the many forms in which nervous irritability manifests itself, is so disfiguring a habit that every effort should be made to conquer it. Rubbing the finger-tips with aloes will greatly aid in doing this, the bitter taste of the aloes serving as a reminder to the will.

The coagulated blood which remains under the nail after a bruise may be absorbed by the application to it of a poultice of equal parts of pounded plantain leaves and salt.

Stains of green nuts or of fruits may be removed from the nails by washing them with lemon juice.

Sometimes particles of the skin around the nails will become detached, owing to some trifling injury, or without apparent cause, forming what are commonly called hangnails. If neglected, these may fester and bleed, causing much pain, while if the hangnail be bitten off a felon may result.

As the predisposing cause of hangnails is a peculiar dryness of the skin, a little cold-cream rubbed habitually on the hands at night will suffice to keep the fingers free from them.

When hangnails have formed, they should be cut off carefully with a fine scissors, and the finger should then be bathed in spirits of camphor and water in equal parts.

With the nails of the foot the same general method of treatment may be followed as with those of the hand. As their growth is much less rapid, however—being only about one-fourth of that of the finger-nails—they will require to be trimmed less frequently.

As regards the affection known as ingrow-

ing nail, the seat of which is usually by the side of the great toe, it need be said that it is caused by the use of shoes either too tight or too short, and that the surgeon's aid should be called in for its relief.

XVI

CONCERNING THE EAR

A BEAUTIFUL ear may be best defined by negatives. It must be neither too large nor too small, too fleshy nor too thin, too broad nor too narrow, too red nor too pale; it must be set neither too high nor too low on the head, and must neither stand out unduly from it nor lie too close against it. Where these defects exist, however, they may be remedied in some degree, if not altogether corrected.

For the lobe which is too large there is but one remedy, excision of the superfluous part by the surgeon's scissors; an operation which, although it is said to be almost painless and to be attended by no bad results, one would hesitate a little about submitting to.

But a lobe which is too thin or too short may be easily stimulated to growth in the desired direction by pinching and pulling it persistently, using at the same time the aromatic tincture for promoting the growth of the muscular tissues, for which a receipt has been given in a previous paper. In the same way the vessels of nutrition may be stimulated to increased action in any other part of the ear which has not developed in harmony with the line of beauty.

When the ear is set too close against the head, a wedge-shaped fold of linen worn for a time at night between the ear and the head will generally suffice to separate them somewhat. When the fashion of wearing the hair will admit of it, this result may be hastened by letting a lock of hair take the place of the wedge of linen during the day-time.

Where the opposite defect exists—that is to say, where the ear stands out too far from the head—an opposite course of treat-

ment is to be pursued. The ear is to be bound to the head at night, and as far as may be possible during the daytime, by a band of linen, or a ribbon, or by the hair. Only time and perseverance are needed to correct both of these defects.

Where the ear is deformed beyond all hope of remedy, a judicious arrangement of the hair will do much to disguise the deformity. The present fashion of drawing the hair down over the ears is advantageous in such cases.

Owing to the peculiar conformation of the ears, which causes them to retain in their convolutions the insensible perspiration and the particles of dust which collect there, the most scrupulous cleanliness should be observed with respect to them. They should be carefully cleansed every morning with a little fine soap and tepid water; while benzoin, or other mildly aromatic water, which should find a place on every toilet-table, may be used with especial propriety

here. The wax which is secreted by the glands of the ear, and which is Nature's barrier, as has been said, against intruding insects, dust, impure exhalations, and loud sounds, should, nevertheless, be removed occasionally, as it sometimes hardens into a solid mass, producing temporary deafness, and causing, if allowed to remain, to use the words of an authority on the subject, "serious changes in the shape of the passage, and even symptoms resembling diseases of the brain." When the wax has been allowed to accumulate in this way, it is especially necessary to use the greatest care in removing it. If the ear be exposed for a time to the direct rays of the sun, so that they may enter the auditory canal and soften the wax, the operation of removing this will be rendered less difficult. A little oil dropped into the ear also helps to soften the wax. The ear should then be syringed with tepid water, the greatest care being employed in the operation, as the ear-drum might other-

wise be injured or even burst, and the wax removed with an ear-pick.

An ear-pick made of some elastic substance, such as the root of the marsh-mallow, is preferable to one of either ivory or tortoise-shell, which, unless very carefully used, might injure the delicate membrane of the ear-drum.

If an earwig or other insect should chance to enter the ear, a little sweet-almond or olive oil should be dropped into it at once. This will either cause the insect to leave the ear or will kill it, when it may be removed with a little tepid water. Sometimes a piece of ripe apple held to the orifice of the ear will attract the intruding insect and relieve the sufferer.

Before exposing the ear to the concussion from loud sounds, such as the firing of cannon, persons of delicate auditory apparatus should take the precaution of inserting a piece of cotton-wool in the opening of the ear. "The concussion from loud sounds,"

says an authority on diseases of the ear, "taking the ear unawares, before its muscles have had time to prepare themselves for the shock, sometimes causes deafness." The same precaution should be taken by swimmers before diving.

The barbarous habit of boxing children on the ear is responsible for many cases of deafness, as is also the stupid one, sometimes indulged in by children in their play, of screaming into the ears of their companions. In such cases, as there is generally an increased flow of blood to the part injured, the deafness may frequently be relieved by applying leeches behind the ear, which should for some time afterwards be protected carefully against loud sounds.

After washing the head care should be taken not to allow the wet hair to remain in contact with the ear, as the cold might chill the delicate inner apparatus and injure it seriously. For the same reason cold water should never be allowed to enter the ear.

A common cold will sometimes cause temporary deafness from the blocking up of the Eustachian tube—the passage leading from the mouth to the middle ear—by the morbid mucous secretion, which thus prevents the air otherwise admitted at each act of swallowing, and which is necessary to the resonance of the ear-drum, from ascending into the tympanic cavity. The deafness of old age is generally the result of repeated colds, and may be often greatly relieved by the use of counter-irritants behind the ear and of astringent gargles, combined with the use of alterative medicines.

Sometimes, from the unequal pressure of the external air on the outer side and of the air admitted by the Eustachian tube on the inner side of the ear-drum, whether as the result of a cold or of any other cause, a distressing feeling is produced in the ear, which may often be relieved by holding the nose tightly and swallowing forcibly at the same time.

XVII

CONCERNING A GRACEFUL CARRIAGE

A BEAUTIFUL face fails of half its charm if the figure of its owner be ungainly or her movements ungraceful; and a plain face may be more than compensated for by a graceful and distinguished bearing, which is, indeed, a far rarer attribute than beauty of feature. A dairymaid may be as beautiful, so far as mere beauty of feature is concerned, as a duchess; but, except among the favored races of the South, with whom grace is an inheritance, it is only among the fortunate classes whom wealth exempts from toil that, as a general rule, distinction of bearing and grace of carriage are to be looked for. Yet even where a life of elegant leisure is neither possible nor desired, a great deal may be

done by a determined will towards conquering natural awkwardness and acquiring the grace of carriage and of movement which should be the characteristic of every woman.

Just as the painter must sketch, in lines conforming with the undeviating rules of his art, the figure which he is about to endow with all the charms of form and color before he mixes the paints which are to give the golden sheen to the hair, the rosy bloom to the cheek, and the living lustre to the eye, so the woman who would unite in her person the charms of grace and beauty must first bring the lines of the bony frame-work of her body into harmony with the law of its construction. The spinal column must not incline either to the right or to the left, or curve unduly at any part ; the bones of the legs, of the feet, and of the arms, of the wrists and of the ankles, must follow the lines appointed by nature. In addition to this, the joints of the living woman must be kept supple and flexible by judicious exer-

cise, by massage, and by friction with oil when necessary, if she would have her carriage elegant, her step buoyant, her attitudes assume the curves of grace.

The first thing to be done towards the acquirement of a graceful carriage is to learn how to hold the body correctly when standing. For this, and for the general training of the body to gracefulness, the exercises practised in the schools for physical culture are very useful. To begin, the body should be held erect, inclining slightly forward from the hips up, the weight of the body resting on the balls of the feet. The heels and knees should be held together, and the toes turned a little out. The arms should be allowed to hang naturally at the side, the elbows being held near the body. The chin should be held well up, the chest out, the abdomen in. The shoulders should be perfectly flat. When the shoulder-blades project, a pair of inelastic shoulder-braces should be worn to maintain them in the cor-

rect position until the muscles have learned to perform this office. The braces should be barely long enough to reach the belts of the skirts worn, to which they should be attached, by means of buttons and button-holes, the weight of clothing thus hanging from the shoulders, leaving the muscles of the chest, waist, and abdomen free to do their work. A pair of shoulder-braces as good as any that can be bought may be made at home at a trifling cost. The braces should be two inches in width, and connected at the back by a strap just long enough—two inches, more or less—to hold the shoulder-blades perfectly flat, the lower edge of the strap being exactly even with the lower edge of the shoulder-blades. They should be made of satin jean or coutil, and should be corded at the edges to give them strength and firmness.

When this position, the erect carriage of the body when standing, has been perfectly mastered, it may be varied by standing with

one foot slightly advanced, the weight of the body resting upon the balls of both feet equally; then by resting the weight of the body on one foot alone, the muscles of the other leg being slightly relaxed; then transferring the weight of the body from one foot to the other may be practised until it can be performed with readiness. Finally, gyrations on the toes, backward and forward movements, and swaying from side to side, all without raising the feet from the floor, may be practised.

When the art of standing well has been thoroughly mastered, the art of walking well will be comparatively easy to learn. The correct poise of the body being acquired, it only remains to learn to propel the body forward, maintaining this poise with an easy and graceful movement. A slightly undulating movement is more graceful than movement in a straight line. In walking, the toes should turn somewhat out, the weight should be thrown forward on the ball of the

foot, never resting on the heel, and the step should be easy and gliding; the knee-joint should move flexibly, and the motion of the hips should not be obtrusively perceptible.

When this mode of walking is once acquired long walks may be taken, not only without fatigue, but with great advantage to the general health. It must be borne in mind, however, that a long walk, to be beneficial, should never be undertaken either when the stomach is empty or immediately after a full meal. It should never be undertaken when the body is already fatigued, or when it is suffering from any exhausting drain upon its strength. And it should be shared, when possible, with an agreeable companion. It must be borne in mind also that exercise of whatever kind, to be beneficial, should be moderate at first, and be increased gradually to the point which induces healthful fatigue. When carried beyond this it ceases to be beneficial, and becomes injurious instead.

Another important rule to be observed in walking is that, unless when engaged in conversation, the mouth should be kept closed, the act of breathing being carried on through the nostrils. This will materially lessen the fatigue of a long walk.

In the sitting position it is no less important than in standing and walking that the equilibrium of the body should be maintained. That is to say, the weight should be distributed equally over every part of it, no part being made to support more than its due share. If the body be habitually held out of balance, not only awkwardness, but deformities more or less serious, will inevitably result. Persons of sedentary occupations should use habitually a chair with a straight back sloping slightly backward, and should sit with the lower part of the body close against the back of the seat. The support thus afforded to the spinal column will prevent the backache which is sometimes caused by prolonged sitting.

That the cultivation of a graceful carriage is a moral as well as a social duty it would not be difficult to prove. Apart from hygienic considerations, there are other important reasons why grace of bearing should be cultivated. Can the habitually lounging attitude, the shuffling gait, or the headlong rush be changed by training to an attitude and movements of dignity and grace without the character undergoing a corresponding alteration during the process?

The Greeks, who made a cult of beauty, regarded a graceful gait as the crowning charm of a beautiful woman, and to the Roman poet it was a revelation of the divine: "*Vera incessu patuit dea.*"

SOME SUPPLEMENTARY RECEIPTS

Aromatic Stimulating Lotion

Powdered long pepper.....	10	grammes.
Powdered cinnamon.....	20	"
Aromatic spices.....	60	"
Cardamom seeds.....	15	"
Alcohol of 22 degrees.....	500	"

Macerate for a fortnight; strain and filter. This mixture should be kept in a tightly stopped bottle.

Elixir to Sweeten the Breath

Alcohol.....	375	grammes.
Cinnamon	23	"
Ginger.....	4	"
Essence of peppermint.....	8	"
Cloves.....	1	"
Portugal extract	1	"

Mix and leave in infusion for a fortnight in a tightly covered vessel; filter through a covered funnel, and bottle. Use for rinsing

the mouth in the proportion of a teaspoonful to a glass of water.

Powder for Relieving Irritation of the Skin

Powdered camphor.....	2 grammes.
Powdered starch.....	60 "
Oxide of zinc.....	15 "

Mix thoroughly. Before applying, moisten the face slightly with a little cold-cream.

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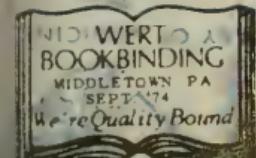
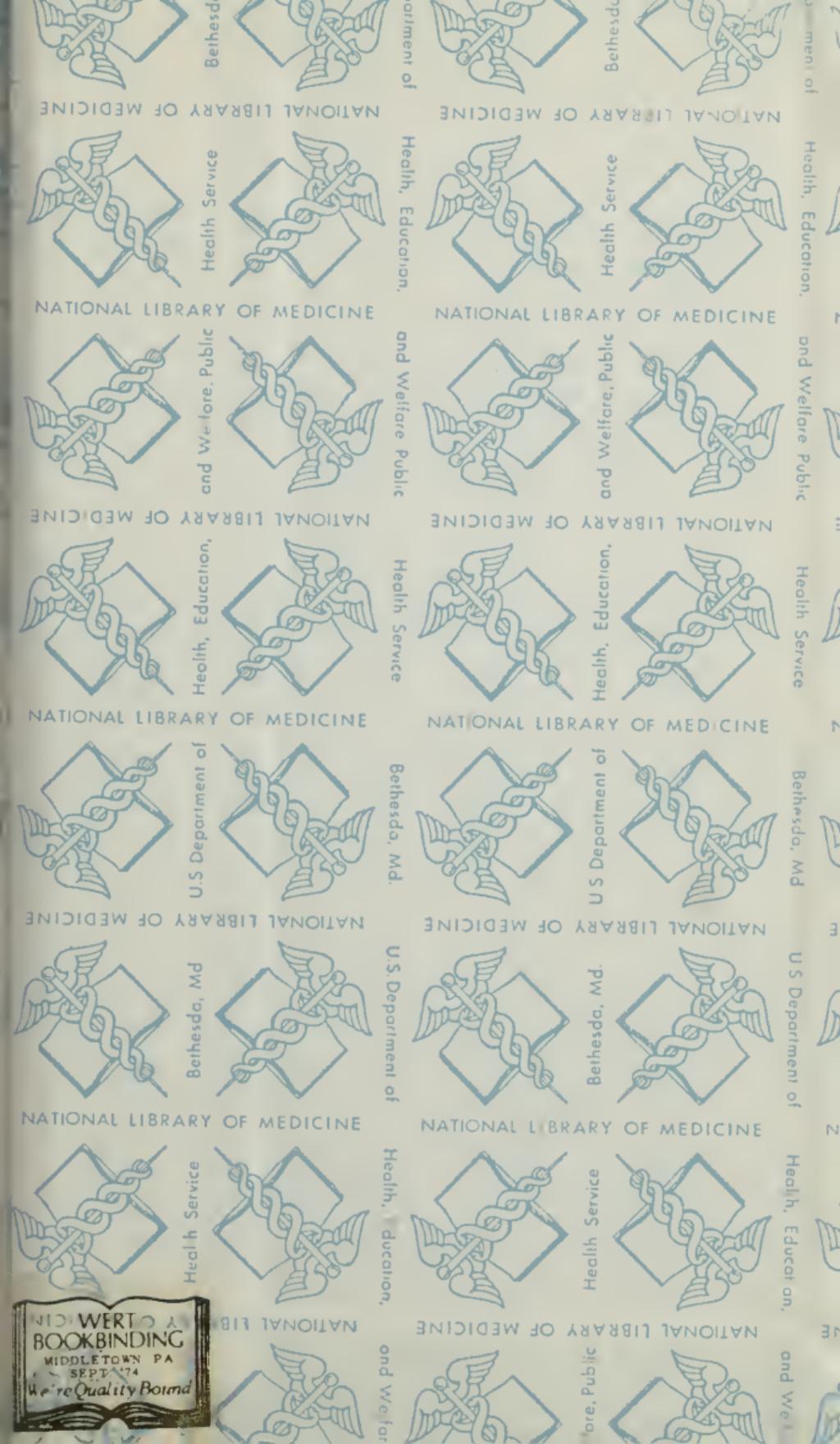
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